

Are you one of those believers who have trouble sleeping at night? God “gives His beloved sleep.” Who are His beloved? All believers. Because you are in Christ, you are one of His beloved. (Ephesians 1:6, 2 Thessalonians 2:13) God says, “It is vain for you to rise up early, to sit up late, to eat the bread of sorrows.” In other words, it is pointless to worry and lose sleep because the truth is, “Unless the Lord builds the house, they labour in vain who build it; unless the Lord guards the city, the watchman stays awake in vain.” (Psalm 127:1)

So let God be the one who builds your career and watches over your financial investments. Let Him be the one who guards your health, marriage and children. Don't worry and stay up late as if *you* are the source of the increase, or the one who has the power to make things happen and save the situation. No, God is the one and He says to you, “My beloved child, throw that care to Me and go to sleep.” Then, while you are sleeping, He is working on your situation. He, who neither slumbers nor sleeps (Psalm 121:3-4), works the night shift for you as you sleep. Because we are such doers and performers, it is difficult for us to let go and let God take over. But when we actually do, casting all our cares, anxieties and worries once and for all into His hands, we will see how He cares for us affectionately and watchfully. (1 Peter 5:7) We will see Him taking care of our problems and working things out for good. (Romans 8:28) Trust your Father's love for you, and know that He is in control. Cast your cares on Him, and have no more sleepless nights!

Psalm 127:2 “It is vain for you to rise up early, to sit up late, to eat the bread of sorrows; for so He gives His beloved sleep.”